

SPECIFICATION AMENDMENTS:

On page 1, replace, between the title and the first paragraph,
"Description" with --

This application is the national stage of PCT/EP2003/010157 filed
on September 12, 2003 and also claims Paris Convention priority
of DE 202 19 461.2 filed on December 10, 2002.

BACKGROUND OF THE INVENTION --.

Please amend the first paragraph of page one as follows --

The present invention concerns a pole handle, in particular for cross-
country ski poles, nordic walking and alpine poles, comprising a hand
retaining device, in accordance with the ~~preamble of claim 1~~independent
claim, and a ski pole comprising such a pole handle. --.

On page 2, insert as a title prior to the first paragraph

-- SUMMARY OF THE INVENTION --.

Please amend the first paragraph of page two as follows --

This object is achieved with a pole handle of the above-mentioned type
having the features of ~~claim 1~~the independent claim. --.

Please amend the third paragraph of page two as follows --

To insert the first connecting element of the hand retaining device into the longitudinal slit on the pole handle, the latter could have a radial insertion opening in its upper region such that the initial mounting motion is radial and is then followed by an axial motion. However, in the preferred embodiment ~~of claim 2~~ in which the longitudinal slit, which extends in the first wall delimiting the pole handle recess, can be accessed in a region of the handle head front face, the connecting motion consists exclusively of a substantially axial motion of the first connecting element and of the toggle strap, as the first connecting element is introduced into the longitudinal slit from the upper side of the handle head. --.

Please amend the fourth paragraph of page two as follows --

Preferred embodiments of the first connecting element of the toggle strap and its guidance in the longitudinal slit are shown by the features of one or more of ~~claims 3 through 5~~ the dependent claims. --.

Please amend the last paragraph of page two as follows --

Preferred constructive embodiments of the actuating member or advantageous handling to release the locking can be extracted from the features of one or more of the ~~claims 6 through 11~~ dependent claims. The actuating lever is thereby disposed to prevent inadvertent actuation thereof while still permitting operation using one hand only for locking and releasing the first connecting element to and from the hand retaining device. --.

Please amend the first paragraph of page three as follows --

The invention also concerns a ski pole comprising a pole handle in accordance with the features of ~~claim 1~~ the independent claim and optionally with at least any one of the ~~subsequent claims 2 through 11~~ dependent claims. --.

On page 3 insert as a title prior to the brief description of the drawing --

BRIEF DESCRIPTION OF THE DRAWING --.

On page 3 insert as a title following the brief description of the drawing --

DESCRIPTION OF THE PREFERRED EMBODIMENT --.

On page 8 line one replace as a title "Claims" with -- I CLAIM--.